



**2010 UNDER 14/15
INTERLEAGUE SQUAD
SUMMER TRAINING PROGRAM**



	November	March
Height		
Weight		

Name:

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EFL UNDER 14/15 SUMMER TRAINING PROGRAM

The Program

The following program is designed to develop aspects of your football prior to the continuation of the selection trials in March. It is necessary in sport, at this higher level, to maximise your chances of success by following a program that develops your running endurance (aerobic capacity), body strength and football skills during this stage of the year. To be successful in football you have to be fit and fast. (The average 14 year old runs about 4 - 6 km in a game whilst a 16 year old is up to about 6 - 8 km and an AFL onballer can run up to 22 km each game. The most important factors in Australian Rules Football are skill, strength and fitness. It is therefore necessary to prepare well and concentrate on these areas. Only you can make them happen.

Program Outline:

You should do **one** running session per week in the months of November and December building up to **three** sessions per week (e.g. Mon, Wed, Fri or Tues, Thurs, Sat) throughout the months January, February and March. Each session should last about 40-50 minutes. It is recommended to have a rest day between training sessions to allow your body to strengthen and recover. For each training session follow the following steps.

Training Goals:

The following goals are provided to give you an indication of what targets to aim for in your training:

Running:

Aim to run continuously for 11-12 minutes and cover 2500m (2.5km). This is approximately 6 laps of a football oval.

Strength:

- ✓ 8 Chin ups (with underhand grip)
- ✓ 3 sets of 20 sit ups with a 60 sec rest between sets
- ✓ 3 sets of 15 push ups with a 60 sec rest between sets

Football Skills:

Achieve high accuracy and efficiency levels on both sides of the body. E.g. 8 out of 10 skill practises executed correctly for kicking, marking, handballing and ground ball gathering.

Training Diary:

Remember to keep an accurate training diary. (From Dec 1 – Mar 1) Include what you actually do and how you feel. This will be a good record when you finish and will be checked by the coaching panel. If you are serious about making the squad, you will prepare yourself. Be honest in your opinions. If you are not able to train, vary it or do a part of the program on a day, mention it.

eg. **DECEMBER**

Date	
Dec 1	Warm Up: Cycled to ground and did stretching as listed on program Running: Did a continuous run for 8 mins - felt tired. Ball Skills: Did some kicking with mate, struggled with left foot. Good ground level skills Strengthening: Managed only 1 set of strength/conditioning - struggled with sit ups Warm Down: Cycled home.
Dec 2	Rest Day
Dec 3	Warm Up: Walked to park and did stretches 2, 3, 17, 18 and 25 Running: Fartlek running. Probably did about 800m. Felt better than Monday Ball Skills: Handballed at moving and stationary targets. Left hand not good Strengthening: Managed 2 sets of strength/conditioning , sit ups improving Warm Down: Jogged home. Felt really good tonight

Good luck with the program. If there are any problems or concerns don't hesitate to call your coaches.

EXAMPLE PROGRAM

STEP 1- WARM UP

(approx: 8 mins)

1. Slow Run/Cycle 4mins
2. Stretching – 2-3 times for each body part, hold for 6-10 secs each time
Lower Legs - calves, Upper Legs - Quads/Hamstrings/Groins, Trunk - Lower Back

STEP 2 - RUNNING/CYCLING

(approx: 10 -12mins)

(Vary types of runs) eg. slow, medium, fast: hills/flat surfaces, sprinting/endurance

STEP 3 FOOTBALL SKILLS

(approx: 10 mins)

- Kicking** 15-25m distance, left and right foot to stationary and moving targets.
Marking 15-25m distance, high (above head), medium (chest) and low (waist & below)
Handball 8-12m distance, left and right hand to stationary and moving targets.
Handball or kick ball away (5- 15m distance) from you, chase and gather.

STEP 4 STRENGTHENING/CONDITIONING

(approx: 8 mins)

1. Push Ups: 1 set of 15
2. Sit Ups: 1 set of 15
3. Chin Ups: 1 set of 5
4. Rest: 1 minute
5. Repeat Twice:

Technique Notes:

Correct technique for these exercises is very important for your safety and strength development. Do not over exert yourself. Try to build up these exercise amounts slowly.

PUSH UPS: Hands on the ground about shoulder width apart. Fingers pointing forward. Do not arch the body upwards or downwards. Chin – Chest and Thighs should touch the ground at the same time

CHIN UPS: Hands spread shoulder width apart. Underhand grip on the bar. Lower your body down until your arms are straight. Pull body upwards until your chin touches the bar.

SIT UPS: legs bent at the knees. Arms across the chest. Raise body upwards until shoulders are well clear of the ground.

STEP 5 WARM DOWN

(approx: 8 mins)

As for stretching in Step 1.

Hints:

- If you are involved in other summer sports (e.g cricket, basketball, etc.) try to incorporate this program into it. For example, run/cycle to and from your summer sport if this is practical.
Strengthening/ conditioning and football skills could be done after summer sport training or at another time. Warm up and warm down should be done as part of any sporting program.
- It is a good idea to train with a partner or a small group. Training with other people helps keep you motivated, develops teamwork and assists you with skills development.
- Ensure a warm up and warm down is completed prior to and after each session. Drink water before, during and after each session.
- Avoid training on hard surfaces e.g. roads; grassy surfaces are easier on your legs.
- Invest in a good pair of running shoes with well-padded soles with arch and achilles support.

Running Tips

SPRINTING

The following tips may be useful in developing the correct technique for sprinting.

- **Arm Action:** Swing arms from the shoulder, keep them relaxed and at approx. 90 degrees of flexion. Don't run with tense arms
- **Body Lean:** The body should have a slight forward lean. It is important that the body lean comes from the ground, not the waist
- **Foot contact:** The toes offer no power or stability and if you run on your toes you will not run fast. Land on the balls of your feet and push against the ground.
- **Striding:** Don't reach and over stride to increase stride length, but rather push against the ground and let the foot land underneath the centre of gravity
- **Dorsiflexion:** Big toe as close to the shin as possible during recovery. Maintain dorsiflexion during downswing as well. This will decrease recovery time and increase power by initiating a pre stretch/shortening reflex action.



The following activities will help develop your sprinting skills:

- **Quick Feet:** From a jog increase your stride frequency so that you take as many steps as possible in a 10 metre interval. Jog 10 metres and repeat. Legs moving in front of body, quickly.
- **Butt Kickers:** From a jog the lower leg is allowed to swing back and to bounce off the buttocks. The upper leg should not move forward much. Allow heel to come up and hit the butt.
- **Start and Sprint:** From a stationary position, start quickly from different starting positions and sprint for the required distance

ENDURANCE

The basic requirement is an ability to run and keep on the move for the duration of the game. Endurance is a pre-requisite for all playing conditions and should, therefore, during summer and pre-season preparation, constitute a major element of the fitness program.

The development of endurance is best achieved by the following activities:

1. Continuous running

Running over relatively long distances up to about *8km* at a steady pace.

2. Fartlek running

Varied bursts of faster running throughout a session continuous running - e.g. a series of varied bursts of speed from 10 to 200m, interspersed with periods of jogging.

3. Longer, slower interval running

A series of repeated running efforts at a specific speed and over a specified distance is alternated with periods of recovery (usually worked on a work to rest ratio of 1:1 or 1:2. A work to rest ratio of 1:2 indicates the recovery is twice the work period).

4. Shorter, faster interval running

As the season approaches and endurance levels improve, the workload needs to become more specific. A shorter and faster running schedule should occur. Intensity can be increased while distance is reduced.

Stretching Tips

Stretching assists in:

- Maintaining the muscle length.
- Reducing delayed onset muscle soreness and enhancing recovery.
- Providing the muscles optimum length for force production and efficient running.

When to stretch?

Warm-up/cool-down and 2-3 times weekly depending your relative flexibility.

How to stretch?

- Raise body temperature with light exercise.
- Stretch spine first (see diagrams below). This helps mobilise the nerves as well. Follow with the proximal muscles (hamstrings, hip flexors and quads) and then the distal ones such as the calves.
- Stabilise one end of the muscle and sustain the stretch for 20-30 seconds and repeat
- Sports massage can assist the general effects of stretching.

Warm Up

A warm-up should be completed before your stretching exercises begin. You should aim to break a light sweat.

Stretch

Stretch for at least 15 minutes PRIOR to your competition and training sessions. This is especially important to warm-up and loosens the muscles, avoid muscle-pulls and tears, and prepare the body for the forthcoming activity. The 15 minutes or so it takes to stretch is well invested. Hold for at least 20 seconds. Bouncing and jerking induces the stretch reflex causing the muscle fibres to contract, increasing the chance of tearing them. Take it slow, steady and easy as these are the principles to all stretching

No Pain

Don't be fooled. Stretching when done correctly is not painful. Learn to pay attention to your body because pain is an indication that something is wrong. Stretching should be done slowly, to the point of tightness. DON'T STRETCH TOO FAR. If it hurts, you've gone too far.

Stretch your tight side first

We all have a tendency to stretch our "good" side first that is the side which is easier and more flexible. Consequently we spend more time developing our "good" side and less on the "bad" side. Therefore to even out the difference in flexibility in your body, stretch your tight side first. This will help you limber up considerably.

Stretching Is not a Contest

Proper stretching means stretching within your own limits, relaxed and without comparisons. Don't worry about what other people can do. Just take your time and your flexibility will gradually improve too, but don't expect it to happen over night. Like learning a new sports skill, it takes time and practice.

Stretch after your workout or game

Stretching after your workout or game will increase local blood flow, reduce muscular tension, improve circulation and wind down. This will also help reduce any muscle soreness the next day.

Stretch at night too

Many athletes find that stretching at night before bed or while watching their favourite TV show is a relaxing way to get ready for bed, and help relieve any tensions.

Stretching Exercises

Just a few everyday stretches you can try



1. Neck Stretches



2. Triceps, shoulder, arms



3. Arm, shoulder, back stretch



5. Side PNF Stretch



6. Abdominal Curl Down



7. Elbow, knee abdominal stretch



8.



9. Knee to back stretch



10. Lower back and hip stretch



11. Spinal Twist



12.



13. Groin Stretch



14. Side Lunges



15. Stride Stretch



16.



17. Hamstring Crossover



18. Groin and Quadricep Stretch



19. Quadricep PNF Stretch



21. Hurdler's Stretch



22. Standing Quad Stretch



23. Achilles Stretch



25. Alphabet Stretch



26. Whole Body


TRAINING DIARY: NOVEMBER 2009

23		24	
25		26	
27		28	
29		30	
		NOVEMBER COMMENTS	

TRAINING DIARY: DECEMBER 2009

1		2	
3		4	
5		6	
7		8	
9		10	
11		12	
13		14	
15		16	

TRAINING DIARY: DECEMBER 2009

17		18	
19		20	
21		22	
23		24	
25	CHRISTMAS DAY – REST DAY 	26	
27		28	
29		30	
31		DECEMBER COMMENTS	

TRAINING DIARY: JANUARY 2010

1		2	
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15		16	

TRAINING DIARY: JANUARY 2010

17		18	
19		20	
21		22	
23		24	
25	AUSTRALIA DAY 	26	
27		28	
29		30	
31		JANUARY COMMENTS	

TRAINING DIARY: FEBRUARY 2010

1		2	
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15		16	

TRAINING DIARY: FEBRUARY 2010

17		18	
19		20	
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25		26	
27		28	

By March 1 you should be training with your club. You might like to continue your diary entries although it is no longer compulsory. But you need to summarise you summer efforts.

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